

# First Steps Maternity Consulting Services

## **Baby Registry Assistance**

Complete registry assistance, from completing registry in store or on-line, maintenance of registry and product recommendations.

## **Personal Shopping**

Running baby related errands, shopping for nursery items, buying and returns of registry items as needed.

\*During Covid: Any personal shopping needed by moms-to-be or new moms

## **Timeline Planning and Checklists**

Charts, checklists, to-do-lists and help to complete everything

## **Birth Plans and Hospital Prep**

Assistance in documenting your birth wishes for delivery.

Shopping/preparing and packing hospital bags for baby and parents.

## **Bed Rest Services**

Support for moms-to-be who have been prescribed bed rest. All services can be provided for bed rest moms to ensure they still get the support they need to complete all the little details that need attention.

## **Baby Gear Consulting**

In-home or In-store consulting. Prepping and preparing the registry.

## **Completing the Layette**

Inventory/shopping and organization of baby essentials. (clothing, feeding, changing, bathing)

## **Nursery Organization**

This service focuses on function and organization of the nursery. The nursery needs to support the parents in meeting the needs of their baby. Sleep, feeding, changing, technology and play are all topics covered and discussed.

## **Preparing the Grandparents**

Preparing the grandparents or caregivers homes. Including shopping , organizing and setting up a petite nursery. Safe sleep tips and education for the grandparents or caregivers.

### **In-home Safe Sleep Presentation and Prep**

This is for parents/grandparents or anyone that will be caring for the baby. A presentation about safe sleep and a nursery walk-through and prep to prepare for safe sleep.

### **Personal First Outing Guide**

Unsure of how your first outing alone will go with a new infant? Need some extra help or a time-line and diaper bag list that will help you get out of the house on time?

This service is for you!

### **Other Services**

Is there anything you need help with that you do not see listed? Please enquire and we will try to help you out.

## **CLASSES**

### **Baby Dream Gear**

Overwhelmed with all the gear and products you want or need? This is the class for you!

### **Postpartum Crash Course**

Learn all about those early days and weeks and what to expect as a new parent. Topics include the hours following birth, recovery, feeding, newborn conditions, postpartum mood disorders and more.

### **Organizing the Nursery**

The function and organization of the nursery are what creates peace and allows families to be prepared to bring baby home.

Learn about how to nurture sleep, technology for nursery, a place for breastfeeding plus more.

### **Pregnancy and Labour**

A crash course about pregnancy and labour including the common discomforts of pregnancy, safety during pregnancy, birth plans, pregnancy testing, labour positions, the stages of labour, false vs. real labour, interventions and more!

### **Safe Sleep**

This course will go into detail about SIDS, how to reduce the risk, the ABC's of safe sleep, swaddling and tummy time.

A very important class for parents-to-be and anyone that will be watching the baby.